

# idancebecause.com

February 2011

*Finally, brethren,  
whatever is true,  
whatever is honor-  
able, whatever is  
just, whatever is  
pure, whatever is  
lovely, whatever is  
gracious, if there is  
any excellence, if  
there is anything  
worthy of praise,  
think about these  
things.*

*Philippians 4:8*

## DANCE ARIELLE DANCE

By Arielle Denise Dance

Arielle Denise Marie Dance. What a perfect name for me. I know God anointed me with a name that represents my destiny. How could I run from such an implanted part of my being?

I was told many times to stop dancing, by doctors mostly. But why would I ever stop doing what I love? Dancing keeps me sane. It is the one thing, besides God, that will never leave me. No matter how “disabled” others think I am, I can still find my peace in dance. In dance I find God. I sway under His wings, His breath is within me. He circles around me and dances with me where ever I am.

I have been dancing since I was 3 years old. My first dance recital I remember wearing a white and pink sequenced costume and singing “I Could Have Danced All Night” for the show’s finale. In college I discovered the wonders of African Dance which connected me to a part of myself I had never experienced. But my absolute favorite type of dance is Liturgical. Liturgical Dance is worship, rejoicing, crying, moaning, leaping, crawling and continuously reaching. Liturgical dance tells a story. The words turn to movements and flow out of the body, whispering and shouting all at once. What an amazing feeling! To say everything you’re feeling, everything you would never say out loud - you can express it all without ever opening your mouth.

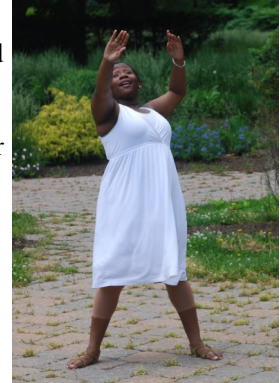
Sometimes you want to say it all through movement and your temple says no. The body is merely a vessel that can easily run out of fuel. Believe me, I know. As mentioned before many doctors advised me to stop dancing. I have Endometriosis (a disease that attacks my female reproductive organs). The disease is extremely painful and has kept me bed ridden many times, especially after all five of my operations. The disease could have stolen my dance, could have stolen my being. But instead I studied harder,

my grades improved, and I never stopped dancing. No matter how much it hurt.

I found myself sicker than ever in the summer 2010, spending a week in the ICU with blood clots on my lungs, but as soon as I was released I danced because God deserved my dance despite how I was feeling. He deserved a “Thank You” offering with my body, because I lived. I could never short change God, especially not with the gift He gave me.

Early January 2011 I traveled to El Salvador for a community service project. I realized after 2 weeks writhing in pain that Endometriosis was not going to ruin my trip completely. One the final evening, as the sun was setting on the beach, I danced. I forgot about my pain and just danced freely. Feeling one with nature and basking in the presence of the Divine, under His sun; caressing His sand with my feet, being comforted by His waves. I was one with God.

There are so many reasons I dance. I just love the feeling of freedom and conversation with God. I can say “thank you”, “I love you” and “comfort me” all at once. It’s truly liberating and magical to use my temple as an instrument for the Almighty to move through me. I dance because I need to “Dance Through my Circumstance”, that’s how I make it through each day.



Everything in the universe has rhythm. Everything dances. *Maya Angelou.*



## DANCE PARTY

WEDNESDAY'S & FRIDAY'S  
FIVE POINTS WELLNESS CENTER  
1000 GALLOPING HILL ROAD  
UNION, NEW JERSEY 07083

6:30 - 7:30PM

908-349-9622 (CENTER #)

973-412-5658 (LAVERNE DUNCAN-INSTRUCTOR)

[CMONANDANCE@GMAIL.COM](mailto:CMONANDANCE@GMAIL.COM)

Save the date

Friday, February 11, 2011

St. James Marriage Enrichment Ministry—Valentines Celebration of Love



"For you were bought with a price, therefore glorify God in your body, and in your spirit, which are God's"

I Corinthians 6:20

The Christian alternative to yoga

Bring a mat, comfy clothes and water

  
PraiseMoves®

### What is PraiseMoves?

PraiseMoves incorporates scripture with stretching and strengthening postures. It includes time to meditate on God's word, which brings a deep inner peace and healing of the spirit.

PraiseMoves improves flexibility, agility and coordination, builds strength, increases circulation alleviates stress, helps injuries heal and encourages the release of tissue lubricants, keeping muscles and joints healthy.

### February schedule

Mondays—Feb. 7, 14, 21, 28

5:30-6:30

St. James AME Church

588 Dr. Martin Luther King Blvd

Newark, NJ 07102

[idancebecause.com](http://idancebecause.com) \* (973) 580-5656 \* [idancebecause@gmail.com](mailto:idancebecause@gmail.com)